

# clarke college COURIER

May 2, 2008

dubuque, iowa

Vol. LXXV

Issue No. ten

## opinion



Clarke alum Jenny Domine works for a music magazine.

## sports



A final farewell to Clarke Student Athletes

## extra



Students find a place to "rock out" in the new improved place, formally known as "The Bean Scene."

## weather



high 61°  
low 51°

## Three long-time profs retire



Professors Kay Frommelt, Janet O'Meara and Judy Biggin are retiring this spring.

### Kay Frommelt: a teacher who enjoys seeing students succeed

courtneytownsend  
campuslife editor

It's safe to say that if you are currently in the Clarke nursing program, you can thank Kay Frommelt. Frommelt first came to Clarke in 1989. At the time, the school had just announced it was going to discontinue its nursing program, so many of the professors left. Frommelt was hired to fill in for missing professors, but quickly realized there was a place for a nursing program at Clarke.

After Frommelt had been here a while, she asked, Sister Catherine Dunn, BVM, the college president

at the time, if she would accept a proposal to keep the nursing department open. Instead Dunn offered her another position, but Frommelt held firm. They agreed that they would each prepare a proposal for the other; Dunn's proposal would be aimed at getting Frommelt to take another position and Frommelt's proposal would attempt to persuade Dunn to reinstate the nursing program.

Frommelt's proposal went through a rigorous approval process, but it was eventually decided

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### Janet O'Meara: a mentor and a friend

kim brooks  
staff writer

"There just comes a time to retire," said Janet O'Meara, chair and professor of religious studies here at Clarke. O'Meara plans to retire after this year.

O'Meara who started teaching at Clarke 20 years ago, has been the chair of the religious studies department for nearly that whole time.

When O'Meara first started at Clarke, the religion and philosophy departments were one department. She was informed that the school was working on separating them when she was hired.

O'Meara taught in Massena, N.Y., Omaha, Neb., and Washington D.C. She's been both a high school and college teacher. Having left Omaha for D.C., something always brought her back to the Midwest.

"I was looking for a small liberal arts college that would give me an opportunity to get to know students and stay connected with them after having had them in class," O'Meara said. "I also loved the faculty collaboration at Clarke."

*continued on page 4*

### Judy Biggin: a romantic monarchist

stephanie klein  
staff writer

Picture a time at Clarke College in which formal dinners were held every night, no Dubuque students lived on campus, and the students fought tooth and nail to be able to wear knee-high stockings with skirts. For Judy Biggin, professor of history, these were realities she faced as a student at Clarke in the 1960s. At the end of this school year Judy will retire, drawing nearly 40 years of involvement with Clarke to a close.

Judy is a native Dubuquer - she graduated from

Wahlert High School and received her degree in history from Clarke in 1966.

After graduating, Judy enrolled in a master's program at Creighton in Omaha, Neb. Sadly, two personal tragedies occurred during her years there. Judy's sister died unexpectedly of epilepsy, and the following year, her brother was killed in the Vietnam War.

Because of the difficult time her family was going through, Judy moved back to Dubuque

*continued on page 4*

### Clarke president hears Pope speak on Catholic education

bethany napp  
staff writer



When Pope Benedict XVI visited the United States at the end of April, a couple of the highlights of his trip were his speech at the United

Nations, his speech to Catholic educators and two large public Masses. The Pope spoke on the issues of immigration, human rights, and the dignity of human beings when he visited the UN. He also addressed the Catholic priest sexual abuse scandal by expressing his embarrassment and saying how evil the abuse scandal is. He even visited with

victims and was very forthright about the whole issue.

The speech that has special meaning for Clarke students is the one the Pope gave to Catholic educators. Our own President Burrows was specially invited to attend this event in Washington D.C., along with about 200 superintendents from K-12 Catholic schools and about 200 presidents of Catholic colleges.

Prior to the event there was some speculation as to what the Pope would have to say;

*continued on page 4*

### The place formally known as "The Bean Scene"

dave tucker  
staff writer

As a commuter student who balances work on the side, I sometimes find myself at a loss, or more often than not, completely oblivious, to things students living on campus take for granted. Take for instance, the Bean Scene. Apparently this no longer exists. Had I ever been to the Bean Scene? Well, with a hectic social life and a genuine distaste for coffee, I had not. However, I seemed to hear a lot about it, so imagine my shock when I discovered it had closed down and re-opened in a slightly different venue this past February.

Clarke's Assistant Director of Residence Life, Stephanie Hilbrand, quickly filled me in on everything I would need to know about the space formally known as the Bean Scene. Since the Bean Scene was originally established by a student initiative, it relied on volunteer involvement to continue running. As time passed by, and coffee was no longer the (ahem) hot item it once was, interest began to fade and the Scene dried up.

That is, until recently, however. "When Jennifer Cramer, the Director of Student Activities left, she gave leadership of that space to me to re-open it for student use," Hilbrand said. "The reality on any campus is that if a space is unused, it's likely that it will be utilized for someone or something else. It's such a great space, I would hate for the students of Clarke to lose its use to a department. My fabulous assistant workers Becka Carroll and Stefani Hines surveyed approximately 70 students for input on what they would want in that space."

Working with a modest budget, but backed by dedicated staff, students, and faculty, Hilbrand and the Clarke community logged over 280 work hours preparing the new and improved student lounge.

Now offering everything from Xbox 360 (complete with Rock Band and Guitar Hero), gaming tables and karaoke to a book exchange, wifi connections, and a big screen TV ("kind of a long term loan agreement" from the dining hall, said Matt Ricketts, Director of Dining Services), the yet unnamed lounge has everything a student could ask for.



May 2, 2008

She just wants to write...

## Clarke alum finds niche on national music magazine

ben jacobson  
staff writer

Jenny Domine just wanted to write. Novels, poetry, news stories, ads for men's fragrances; it didn't matter. "I'd even write the insides of fortune cookies," Domine said.

Clarke did not offer a minor in writing at that time, so Domine, a 2006 Clarke grad, began taking any writing class-

es that were offered, even those outside of her English major. She used her talent writing and doing an award-winning comic strip for the Clarke "Courier" and wrote for the Clarke "Catalyst."

She found her current job as an associate editor of "Music Inc."

magazine on careerbuilder.com. "Music Inc." is a nationally circulated magazine dedicated to current trends in popular music entertainment.

"I edit the 'Gear' section, which involves looking at every thing from DJ turntables to Gibson guitars," said Domine. "I have to take the 200-word press releases we

"I'd even write the insides of fortune cookies."

receive about how fantastic and amazing the humbuckers of such and such a guitar is and turn them into 60-word blurbs."

Her success did not come without hard work. She interned with an arts festival in New York. She contributed movie reviews to the "Telegraph Herald." She submit-

ted her work to every possible publication that might accept it. "Just get a byline and save every-



Clarke grad Jenny Domine at the National Association of Music Merchants convention in January.

thing," Domine said when asked for advice for aspiring writers. She also recommends using Clarke's resources, such as the Writing Center and your own professors. Career services looked over her resume and even did a practice interview with her.

"They all made a huge difference," Domine said. "All I had to do was ask."

Domine describes her job as "The Office" without all the Steve Carell awkwardness. She says it is a fun work environment that occasionally allows her to travel. She was recently sent to California to cover the trade show for the National Association of Music Merchants, the largest such trade show in the United States.

But it can also be quite stressful. "I learned really fast about real world problem-solving and that all the A-plus grades in the world don't mean anything for you when the white classic car arranged to pick up Frankie Valli starts smoking or Rosanne Cash's tour manager is shouting at you because the backline brought the wrong type of guitar stands," Domine said. She says her experience as an R.A. at Clarke helped deal with the constant confusion, but it was still a big adjustment.

Though her job is not what she dreamed she'd be doing, Domine remains optimistic. "I still plan to write fiction, poetry or children's literature," Domine said. "But this is a good day job."

## Panel looks at body image

natalie deutmeyer  
staff writer

The definition of beauty has long been debated in our country, especially with so much media focus on unrealistic body image. Thus, it is no surprise that Americans are growing more and more dissatisfied with their own bodies. Whether you're reading a magazine or flipping through the channels, you're destined to see someone whose beauty leaves you feeling like an ugly duckling.

On April 22, a panel discussion held on Clarke's campus explored the reasons behind this trend of self-deprecation, its connection with eating disorders, and what can be done about it.

The panel, titled "Body Size: Myths, Stereotypes and Prejudices," was hosted by Clarke's Human Rights Action Group (HRAG) and was moderated by Cammie Dean, director of Student Life at Clarke.

The discussion group included Ken Brown, city editor for the Dubuque Telegraph Herald, Rachel Daack, assistant professor of sociology at Clarke, Dr. Yasyn Lee, a psychiatrist at Medical Associates Clinic in Dubuque, and Lorie Murphy-Freebolin, director of the Clarke Counseling Center.

"Computer-generated proportions for a Barbie doll's body found that if she were a real person, she would be 6 feet tall, weigh 100 pounds, and wear a size 4," Ken Brown said to begin the discussion. "This would leave her immobile, her own body not able to support its internal organs."

Because of her ridiculously unrealistic proportions, Barbie has long been criticized as a source of negative self-image for adolescent or pre-adolescent girls, an age period when most eating disorders

and body image problems begin. However, these problems also afflict adult women and even men and young boys.

Lorie Murphy-Freebolin, who previously worked as a counselor in Los Angeles, said even those with "perfect" bodies don't have it all.

"I saw many people who worked in the entertainment industry and they were not very happy people," she said. "Many of them were empty inside."

Dr. Yasyn Lee, who counsels and treats many people with eating and body-image disorders, sees the battle with body size as a growing problem.

"I've been doing this for 15 years and I think it's gotten worse," she said. "Sociological change tells us we need to prevent diseases before they occur, similar to how we wear a seat belt to prevent trauma in an accident."

One point of agreement among panel members was that social pressures are to blame for most of our distortion of self image.

"Society supports the idea that an ideal woman is her body," Rachel Daack said. "Sexism in our society is one of the main social causes of eating disorders."

In addition to our obsession with self image, our way of life does not support healthy eating habits. The panel pointed out that eating in moderation, showing appreciation for your body, and modeling the habits you wish to instill in your children are important to achieving a healthy lifestyle.

"It's a societal problem," Lorie Murphy-Freebolin said. "But we are the people and we can begin to change the problem."

## BOOK REVIEW

### Clarke males offer hints for women

A Comprehensive Guide to Essential Skills and Mannerisms all Women Need to Know

justine ehlers  
staff writer

We've come a long way from the feminist movement in the 19th century, but there are still closed-minded people out there that don't believe in women's rights.

In an attempt to bring to light some of the notions of such chauvinistic thinkers, a few of Clarke's very own guys have written a piece called "Life with the Misses: A Comprehensive Guide to Essential Skills and Mannerisms all Women Need to Know."

While this book is tasteless, tacky and above all crude, it is meant as a satire and offers its very own disclaimer. If anything, this is a guide on things to do to get out of a relationship.

The book is a work in progress, but all the chapters have been outlined by the authors. Chapters include the do's and don'ts of sandwich making and how a woman can learn to read her man's mind. The book also covers the ever-important TV time in which the man is in full control of everything and the woman should just shut her mouth and enjoy what's on, no matter what.

If you happened to have missed the disclaimer, the further you read, the more appalled you would become. Other topics include apparel that a woman should where to best show off her assets and make her man the envy of any other. An entire chapter is dedicated to discipline and making use of a spray bottle to train a woman like a golden retriever.

The idea for the book developed after a few men's volleyball players, Pete Dudek, Andy Bishop, David Eck, Bryndon Paulsen, Lucas

"While this book is tasteless, tacky and above all crude, it is meant as a satire and offers its very own disclaimer."

Kufahl and a few others who wish to remain nameless, joke during practice about some of the topics included and decided to create a book.

As an English major, Pete took it

upon himself to be the one to actually write the book. Since its creation, he has taken it to Katherine Fischer, chair of the English department, for comment and critique.

"I wonder who the 'real' audience is; as part of the joke, the 'fake' audience is women who want to learn how to please their men and men who want to know how to train their woman," said Fischer.

Whether people will take this as the joke it is or these guys will be hunted down by a mob of angry women is yet to be seen, but the book is worth reading—at the very least for the chance to shake your head in dismay.

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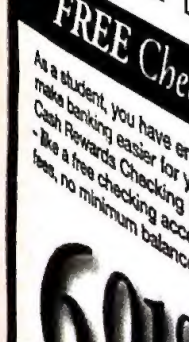
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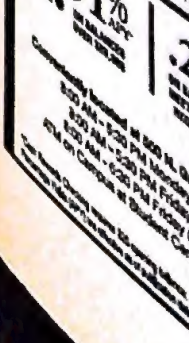
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May 2, 2008

Faren

Crista Koch  
Volleyball  
KinesiologyJamie Seidl  
Tennis  
BiologyVeronica Ragan  
Soccer  
Sports ManagementBritney Reed  
Golf  
Athletic Training

Ash





# SPORTS

3

May 2, 2008

## Farewell senior athletes...



Crista Koch  
Volleyball  
Kinesiology



Alice Lingle  
Volleyball  
Elementary Education



Jennifer Maurer  
Volleyball  
Elementary Education



Hillary Waddel  
Volleyball  
Elementary Education



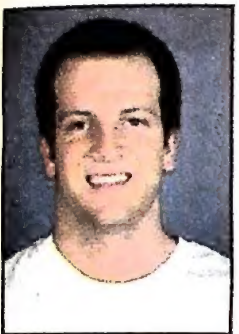
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Volleyball  
Athletic Training



Ed Frederick  
Volleyball & Tennis  
Biology



Mirelis Rivera-Rodriguez  
Tennis  
Athletic Training



Jamie Seidl  
Tennis  
Biology



Cali Arundel  
Softball  
Nursing



Sarah Bradford  
Softball  
Communication



Erin DiGangi  
Softball  
Athletic Training



Marisa Lingl  
Softball  
Music Education



Irving Duran  
Baseball  
Computer Science



Alexandra Arasmith  
Soccer  
Psychology



Veronica Ragan  
Soccer  
Sports Management



Tim Teliszczak  
Soccer  
Communication



Adam Mennig  
Soccer  
History & Sec. Education



Nicholas Marlette  
Soccer  
Social Work



Nathan Komoroske  
Soccer  
Business /Finance



Ryan Balster  
Soccer  
Communication



Bailey Meyer  
Golf  
Nursing



Brittney Reed  
Golf  
Athletic Training



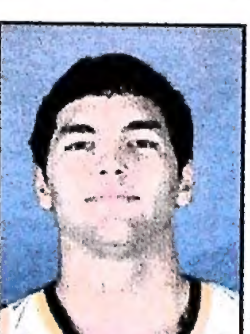
Ashley Zoehringer  
Golf  
Communication



Lauren Johnson  
Basketball  
Athletic Training



Missy Perry  
Basketball  
Biology



Brian Harris  
Basketball  
Business Admin &  
Accounting



DeMonte Bynum  
Basketball  
Kinesiology



Jason Fuller  
Track & Field  
Accounting

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May 2, 2008

**Frommelt,**  
*continued from page 1*

that the nursing program would be reinstated. Frommelt's dedication led her to recruit 49 students for the program, even though Dunn only required 15 for the first year. She also had to write the syllabus and find faculty for every course that was going to be offered.

Frommelt's enthusiasm stemmed largely from the fact that Clarke offered the only four-year nursing program in the area. "It seemed to be a good tie-in with the mission of Clarke," she said, "and I like a

challenge."

Frommelt's list of achievements and awards spans a document of nearly 30 pages, but she says the most important part of her job is the students. "Students have always been the reason to come to work and to stay working," she said. She enjoys seeing her students go on to do great things, saying "It makes me proud."

In 2004, Frommelt was chosen by the People to People Ambassador Program to go to South Africa to help with the fight against HIV/AIDS. Only 16 people were chosen nationally by the Program, and Frommelt was proud to be one.

"It was a life-altering experience," she said.

As part of her graduate research, Frommelt developed a scale known as the "Frommelt Attitude Toward Care of the Dying Scale." Her scale has been used in 90 different colleges throughout the United States and in 17 foreign countries. It has also been translated into 10 different languages and is widely used for both research and professional education of health care providers.

Although Frommelt has done so much for the nursing department, she realizes it is time to move on. "I've been a nurse for 40 years and

spent 19 years at Clarke" Frommelt said. "I thought it was time." Her main reason for retiring is to spend more time with her five children and eight grandchildren, with one on the way. She also has plans for some extensive reading. Currently, she reads anywhere from three to five books a week, sometimes more, while working 60 hours a week. There's no guessing how many she'll be able to get through after she retires. "I don't ever want to stop learning or studying," she said.

Frommelt has also been offered an opportunity to write a book. Although she is retiring from

teaching full-time, she did not rule out the possibility of doing some part-time teaching. "I'm keeping my options open," she said.

Susan DeCrane has been the chair of the nursing department this past year, but she recognizes that it will be harder when Frommelt leaves. "The only thing I can do is try to do the best job possible," DeCrane said. "It has been really nice having Kay around this past year so that I could ask her questions. I would hope she will continue to keep her cell phone handy after she retires!"

**O'Meara,**  
*continued from page 1*

O'Meara says that Clarke faculty truly care about their students.

"The people here create a warm and caring community made up of faculty, staff and students," she said. "The faculty is open to new things and innovative ways of teaching. The students are delightful and engaging as well."

Colleen Dansart, sophomore biology and pre-physical therapy major, helps O'Meara from time to

time doing minor secretary work and research for the religious studies department. "I've gotten to know Janet from working with her in a different aspect outside the classroom setting," Colleen said. "I can tell she genuinely cares about her students."

As for her plans, O'Meara said she is going to let God show her the way. She wants to get more involved as an associate member of the Trappists/Trappistines. This is an association for laity who share in the mission of the religious community. This will allow

her to spend more time volunteering with the group and more time in prayer.

She also wants to continue visiting people in her parish who aren't capable of getting out because of age or physical weaknesses. O'Meara visits and talks with them, takes them Holy Communion, prays with them, and does things for them they aren't capable of doing themselves. The third thing on her list is to get more involved with Hospice, which she praised for all the meaningful work it does with people who are at the

end of life.

O'Meara said she doesn't really have a favorite course that she has taught here at Clarke. "I just love teaching in general," she said.

Her position as chair of the religious studies department will go to Dean

, who has been teaching at Clarke for five years. The school has also hired William Gregory from the University of Dayton in Ohio as a full-time faculty member for the religious studies department.

"Janet has been a mentor and friend in my work here at Clarke,"

Manternach said. "I was new here five years ago and Janet would be available to process and talk through difficult situations that I encountered along the way. She knows Clarke well and would always have a historical perspective on my questions, which helped guide me to make good responses and choices. One would expect these things from a great department chair! I will miss her a great deal!"

**Biggin,**  
*continued from page 1*

to be with them. Judy's mentor, Clarke history department chair Dorita Clifford, BMV, offered her a job in the history department. "There was no interview process," Judy said. "I remember I had shorts and tennis shoes on and I signed a contract for \$6,500 per year, beginning in the fall of 1968."

The classes Judy teaches reflect the areas of history that she particularly loves. "I'm really a romantic monarchist at heart," she said. "I love teaching the Tudors from England, the Hapsburgs, and the Bourbons."

Another favorite of Judy's is the Global Challenges course which

she developed and often team-taught with philosophy professor Norm Freund. This course focused on contemporary political issues in world hot spots such as the Middle East. Judy taught the history portion, while Norm handled the values analysis.

"I will always treasure our teaching collaboration in this class," Freund said. "I am honored and blessed to have known her as both friend and colleague."

Senior history major Molly McGrath acknowledges the impact that Judy has had in her life. "As a future history teacher myself, I look to Judy as a role model," she said. "She has a keen sense for making history fun, whether it means telling us about Catherine the Great's unusual choice in partners or challenging us with her

witty political humor to become more involved."

Biggin - having taken a break from teaching from 1974 to 1976 - was in her tenth year as a teacher when Clarke's campus was ravaged by fire in 1984. "My office was in Mary Bertram Hall, and my window was right off of the roof of Sacred Heart Chapel," she said. When the fire broke out she was at a meeting in Mary Frances Hall. Fortunately, one metal filing cabinet from her office was saved; the rest of her teaching materials were the victims of water damage.

"The maps in the filing cabinet had to be cleaned with Lysol," she said. "It was so tough to rewrite all of my notes - I just worked furiously."

Judy's students have been enriched by her travel stories.

"Traveling makes history come alive," she said. Judy has been to Ireland, England, Poland, Austria and Yugoslavia. "I was going to go to the Middle East, but my husband put his foot down - he believed it was too dangerous," she said.

Even though Judy may not be able to make any more trips abroad, she intends to live vicariously through the books she reads. "I'm so people-oriented so I really love reading biographies," she said. "When I learn about a person's background and character, it makes them more human and I gain a greater understanding of why they say and do the things they do."

Judy is also a self-proclaimed film nut who especially enjoys watching classic World War II films. "I like

to see how accurate they really are," she said.

Both of Judy's children are Clarke graduates. Mary Ellen, who graduated in 1995, has a Ph.D. and is the chair of the chemistry department at Augustana in Rock Island, Ill. Rob graduated in 1998 with a degree in chemistry and works in management with Hy-Vee.

Judy received the Meneve Dunham Award for Excellence in Teaching in 1992.

In addition to reading, Judy is looking forward to doing yard work, spending time with friends, and visiting her children. What the future holds for her is unknown; as Judy would say: "That's another story at another time."

**President hears Pope,**  
*continued from page 1*

however, in the end he gave a very encouraging and positive message to the audience of educators and urged them to continue with their work.

"The Pope expressed appreciation for the educators' generosity and affirmed the value of academic freedom," said Burrows. "He said scholars should be free to find truth, and at the same time, Catholic colleges should make sure students are educated in a Catholic tradition. The Pope also said he wants more active dialogue

between faith, life and culture," she added. "I believe Clarke College is engaged in this dialogue already."

Overall, Burrows was impressed with the Pope's visit and what he had to say. "He was so pastoral," she said. "He gave a message of hope, love, and Jesus Christ, rather than a message of rules."

President Burrows brought a keepsake of the event back to Clarke. Everyone who attended the speech for educators received a special medallion commemorating the Pope's visit. The medallion will be put into a Clarke collection.

Burrows also said she was surprised how the people reacted to the

Pope's visit, with spectators lining his travel routes to watch him go by.

Since she grew up in Washington, D.C., Burrows enjoyed a bit of relaxation while in the area. She visited family and enjoyed walking on the National Mall, seeing the blooming cherry trees and dogwoods.



Jensen Fernando and Jessica Lange perform April 17 at the Clarke Association of Nursing Students Talent Show. Proceeds go to the Dubuque Domestic Violence Program

Sept. 18, 2008

campus life

Spencer Tylin spent his summer at Lollapalooza.

arts etc.

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Summer movies at a glance.

sports

Clarke's new golf coach is Rick Arrington.

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